

## The Ban Tha Sung Bon Project: Community Well-Being Model of Allied Health Sciences, Walailak University

In 2024, faculty members and students from the School of Allied Health Sciences, in collaboration with the Center for Academic Services, integrated teaching and learning with the Community Medical Technology course by delivering health outreach program in local community as part of the school's projects. These activities included conducting basic health assessments for the general public, home visits to check health, provide knowledge, and offer encouragement to the elderly, disabled, and bedridden patients. They also provided education and screenings for urinary system diseases and anemia for migrant workers in the Tha Sung Bon community, in collaboration with Village Health Volunteer (VHV) and local entrepreneurs. Additionally, they organized training sessions on health promotion, rehabilitation, and providing initial assistance to patients for VHV. This aimed to strengthen community health care by creating a network for primary health care advice and support for community members. These efforts enable the community to care for themselves, elevating their status to a model for sustainable health communities.

### Results of the Health Assessment Program

The program was conducted among 35 individuals, including the general public, at-risk groups, and bedridden patients. Among the participants, 10 were male (28.6%) and 25 were female (71.4%). The males were aged between 40 and 75 years, with most having a normal Body Mass Index (BMI). The females were aged between 27 and 84 years, with most having a BMI indicating Level 1 obesity.

The kidney disease risk screening involved blood tests to measure levels of BUN, Creatinine, and eGFR, and to calculate the risk level for kidney disease. The majority of participants had high blood pressure (75.4%), and 27.8% had a medical history of diabetes. The results showed that 7.6% had normal BUN levels, 54.5% had normal Creatinine levels, and many had low eGFR levels, indicating a very high risk of kidney disease (68.9%).

Among those under 60 years of age, 67% of males and 50% of females were at high risk for kidney disease. For participants over 60, 100% of males and 64% of females were at high risk. Overall, the screening indicated a high level of kidney disease risk among participants.

For gout screening, participants provided information on risk factors. Most participants over 60 years old were obese with a BMI over 22.9 kg/m<sup>2</sup> and had no history of illnesses such as diabetes, high blood pressure, obesity, psoriasis, kidney disease, or gout. They also had no history of using medications like aspirin, niacin, or ethambutol. Participants scored 16 or lower on self-care

behaviors related to high blood uric acid risk. Among the participants, 28 had normal blood uric acid levels, 2 had elevated levels, and 1 was diagnosed with hepatitis B. Additionally, 12 participants had immunity to hepatitis B, while 19 did not.

Regarding hepatitis C screening, no participants tested positive, resulting in a 100% negative rate. Among all participants, 59% were neither infected with hepatitis B nor had immunity, putting them at risk of infection. It is recommended to follow up with these individuals and advise them to complete the hepatitis B vaccination series (three doses). The one individual who tested positive for hepatitis B should seek confirmation from a healthcare provider and enter the treatment system as soon as possible to prevent long-term complications from hepatitis B infection.

### **Results of the Academic Service Provided to Migrant Workers**

The academic service was provided to a group of 30 migrant workers, all male, aged between 23 and 50 years. The majority, 93%, were Cambodian nationals. All participants received blood pressure checks, urine tests, and anemia screenings.

**Blood Pressure and Urine Test Results:** Most of the migrant workers had normal blood pressure readings. However, six individuals were found to have high blood pressure and were advised to have their blood pressure rechecked at the next opportunity. If high blood pressure persists, they were recommended to see a doctor for further diagnosis. The urine tests showed normal results for 100% of the participants.

**Anemia Screening Results:** The anemia screenings revealed that 73% of the workers had normal hemoglobin levels, while 27% had mild anemia. Among those with mild anemia, one individual had significantly low hemoglobin levels and was advised to see a doctor for further diagnosis. As the screening method used was only a preliminary check, those with mild anemia were advised to adjust their diet to include more iron, vitamin C, and other essential nutrients, avoid alcohol, toxins, and chemicals, and have a complete blood count done again to determine if the anemia was due to nutritional deficiency or a hereditary condition.